

Spring Football 1973
Information Sheet

I. Group Weight Training will begin April 10, 1973

- A. There are 3 required workouts per week.
- B. Each group will have a Group Leader responsible for:
 - 1. Making sure the Weight Chart is up to date for his group. Listed will be what amount of weight is used for each exercise, 5 reps per set.
 - 2. Reporting to Coach Coughlin on Friday morning of each week. Problems and progress will be discussed.
- C. The Super Rep Program will be followed by those individuals who have faithfully worked out this winter. All others will begin with the program mailed to you in December.

II. Supervised Agility Workouts will be conducted at 4:45 P.M. on:

Monday	Wednesday	Thursday of May
7	9	10
14	16	17

* Meet at 4:45 Monday, May 7th in the Universal Room.

III. The following is an itinerary for Sunday, May 20, 1973

9:00 A.M.	Pick up a helmet
9:30 A.M.	Dress in shorts, T-shirt, shoes
	Meeting
10:10 A.M.	On the field
12:00 Noon	Break
2:00 P.M.	Dressed for Meetings
	Conf. Room G - Off.
	Universal Room - Def.
2:40 P.M.	40 Yd. Sprint Times
3:00 P.M.	Afternoon Practice
5:00 P.M.	Post-Practice Discussion

SPRING AGILITY & QUICKNESS DRILLS

REASON FOR DRILLS !

- A. Our opponents may or may not be involved in an off season program. We want to provide ourselves with the winning edge. We are never satisfied !!
- B. Anyone can be mediocre ! Are you interested in doing those things that are necessary to rise above mediocrity ?
- C. Why be second best ? Remember our motto - " IF YOU ARE GOING TO WEAR THE PADS, USE EVERY CUNGE OF ENERGY TO BE THE BEST POSSIBLE FOOTBALL PLAYER".
- D. STRENGTH, SPEED, QUICKNESS, AND AGILITY can all be developed. If you will self discipline yourselves, improvement can be gained. PLEASE - no more excuses - if you want to take the necessary time, you will be able to find it available.
- E. DEVELOP CONFIDENCE ! This is all many of us need to be fine football players. Don't be afraid to be aggressive.

To all individuals who were students at R.I.T. during academic year 1971-72:

Pre-Season Itinerary

- 10:45 A.M. - Report to Nathaniel Rochester Hall, receive your room assignment if you are on the Campus Room and Board Plan.
- 11:30 A.M. - Pick up Equipment, Lockers, Play Books in the Wrestling Room.
- 2:00 P.M. - Physicals in Universal Room
- 3:00 P.M. - Meeting in the Universal Room

To all Incoming Freshmen and Transfers:

- 1:00 P.M. - Check in to Nathaniel Rochester Hall for room assignments if you are on the Campus Room and Board Plan.
- 1:30 P.M. - Pick up Equipment, Lockers, Play Books in the Wrestling Room.
- 3:00 P.M. - Meeting in the Universal Room
- 4:00 P.M. - Mile Run - 40 yd. Dash
- 5:30 P.M. - Supper Entire Team at Phi Sig
- 6:30 P.M. - Off and Def Team Meetings
- 10:30 P.M. - In your own rooms
- 11:00 P.M. - Lights Out

Practice Schedule A

- 6:45 A.M. - Mile Run for those unable to meet designated times.
- 7:00 A.M. - Rise
- 7:15 A.M. - Breakfast at Phi Sig Fraternity House
- 8:00 A.M. - Off - Def Team Meetings
- 8:20 A.M. - Tape - Dress (All squad members must wear ankle wraps)
- 8:45 A.M. - Specialty Period (Punters, kickoff men, returners, passers, receivers, centers)
- 9:00 A.M. - Morning Session Cals
- 9:10 A.M. - Station Drills
- 9:30 A.M. - Fundamentals
- 9:45 A.M. - Group Work
- 10:15 A.M. - Team Drills
- 10:45 A.M. - Kicking Games
- 11:00 A.M. - Sprints - Grass - Obstacle Course
- 11:25 A.M. - Weight Training Workouts Universals and Wt. Room
Alternate Def. M.W.F. Off. T.Th.Sat.
- 11:45 A.M. - Dress
- 12:15 P.M. - Lunch Entire Squad at Phi Sig
- 12:45 P.M. - Rest - Relax
- 2:45 P.M. - Off. - Def. Meetings
- 3:05 P.M. - Tape - Dress
- 3:25 P.M. - Specialties
- 3:40 P.M. - Afternoon Sessions Cals
- 3:50 P.M. - Station Drills
- 4:10 P.M. - Fundamentals
- 4:25 P.M. - Group Work
- 4:55 P.M. - Team Drills
- 5:25 P.M. - Kicking Games
- 5:45 P.M. - Sprints - Grass
- 6:30 P.M. - Dinner
- 10:30 P.M. - In your own rooms
- 11:00 P.M. - Lights out.

OFF SEASON Agility and Quickness Drills

EXPLANATION OF COMMANDS

SET - FEET MOVING IN AN EXCELLENT 2 point FOOTBALL POSITION

HIKE - STARTS DRILL

GO - FORWARD ROLL AND 10 YARD SPRINT

I. ALL FOUR WAVE DRILL - GROUP

Leader gives no verbal commands

(Right - Left - Back - Forward - Down - Roll)

APPROX. 7 SECONDS IN LENGTH

II. 2 POINT WAVE

no verbal commands

movement without crossing feet

shoulder square to L.O.S.

(Right - Left - Down - Up)

APPROX. 7 seconds

III. EAGLE DRILL

2 point stance

4 non-verbal commands

"RIGHT" "LEFT" - Player turns hips, legs, and feet in a quarter turn with low center of gravity and shoulders square to coach then quickly back to position

"DOWN" Touch one knee to the ground using no hands and return to set position

"UP" - LEAP - Block A Pass and return to set position

EACH COMMAND ↑ TWICE

Agility & Quickness Conto.

IV. COMPASS

Start in middle of mat face down - on command of:

"SET", come to your set position

"HIKE", move laterally and touch each wall returning to center mat - do backward roll - up and run backwards and touch wall - sprint forward to center mat - do forward roll - up and sprint to front wall.

Use crossover step after first directional step always keeping shoulders square to L.O.S.

V. SHUFFLE

Place two men ten yards apart - on "HIKE" command, man in middle must touch perimeter men as many times as he can in 30 seconds without crossing feet - good hitting position at all times

VI. STANDING ROLL

3 players in line face coach - the coach then points in the direction of roll:

1. Breakdown knee to side of roll
2. Catch on your hands
3. Pivot in direction of roll

VII. SEAT ROLL.

VIII. CONQUER

2 men on all fours gripping padded stick - in 30 seconds, one man must get stick - ANYTHING GOES

Practice Schedule B -

A.M. - Same as "A"

3:15 P.M. - Off. - Def. Meetings
3:35 P.M. - Tape - Dress
4:00 P.M. - Specialists
4:15 P.M. - Afternoon Session Calc
4:25 P.M. - Stations
4:45 P.M. - Fundamentals
5:00 P.M. - Groups
5:15 P.M. - Team Drills
5:45 P.M. - Kicking Game
6:00 P.M. - Sprints - Grass
6:35 P.M. - Dinner
10:30 P.M. - In your own rooms
11:00 P.M. - Lights out

Sunday, Sept. 3, 1972

10:00 A.M. - Brunch
12:00 - Team Meeting Universal Room
1:30 P.M. - On the field - Shorts - T-Shirts - Helmets - Kicking Game
3:30 P.M. - Dress
5:00 P.M. - Dinner
10:30 P.M. - In your own room
11:00 P.M. - Lights out.

Monday, Sept. 10, 1972

10:00 A.M. - Brunch
5:00 P.M. - Dinner
10:30 P.M. - In your own room
11:00 P.M. - Lights out

Room and Boarders remain on Campus and eat all meals.

BE PUNCTUAL - Room and Board people MUST EAT AT EACH MEAL

Take your salt tablets - Get your rest - Stay healthy

Schedule A

Schedule B

Sept. 2
Sept. 4
Sept. 9

Sept. 1
Sept. 5, 6, 7, 8
Sept. 11, 12, 13, 14, 15
Sept. 18

Sept. 19 - 22

One Practice Per Day - 4:30 P.M.

Saturday, September 16 and 23 to be announced.

Itinerary for Alfred Weekend

Saturday - September 16, 1972

8:45 AM	Breakfast
9:30 AM	Pick up travel bags, jerseys - pack gear.
10:00 AM	Board Regional Transit Charter - depart for Alfred.
12:00 PM	Arrive in Alfred - unpack.
12:15 PM	Taping - backs - ends - ankles taped.
12:30 PM	Dress
1:15 PM	Leave for scrimmage field
1:30 PM	Pre-Game Warm Up
2:00 PM	Scrimmage
4:30 PM	Dinner
5:00 PM	Depart for Rochester
7:00 PM	Arrive in Rochester

Sunday - September 17, 1972

10:00 AM	Brunch (All on-campus people will attend)
5:00 PM	Dinner " " " " "

- Be prompt
- Dress - shirt/tie
- Have hair trimmed
- Take care of yourselves over the weekend
- Rest - THINK ROBERT

Monday - September 18, 1972

3:00 PM	Meeting
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Special Team Substitution

Punt - S.E. Out - Two tight ends in

Punter for QB

Punt Return #1 Humphrey - Widay for left
Corner - Safety

#2 Graves - Oremus

Extra Point
Field Goal Pierson - Knaack for QB-TB

*FB will be left HB
Slot Back will be Right HB

Be on your toes - know whom you are to replace when.

9:30 AM Pre Game Meal - Grace Watson Dining Hall

10:00 AM Taping will begin - Off. Backs
Off. Ends
Def. Backs
Def. L. Backers - Ends

Pack all gear - pick up game uniform - check the equipment list - leave nothing behind

11:00 AM Board RTS Charter for Geneva, New York

12:15 PM Arrive Hobart College - Geneva, New York
Go directly to dressing room - store gear - resume taping

12:45 PM Dress

1:15 PM Specialists - take field

1:35 PM Line Men - take field
Cals as team

1:45 PM Return dressing room

1:55 PM Quick Cals

2:00 PM "BEAT HOBART"

4:45 PM Board RTS Charter for Rochester

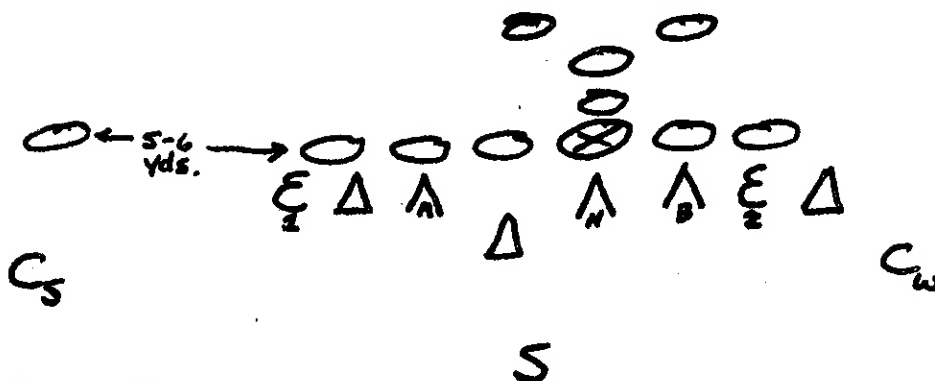
6:00 PM Arrive Rochester - check gear - eat dinner

***Be prompt**

***Know itinerary**

***Know special teams**

HOBART "72" Defense



E₁ Alignment - 1-1/2 yds. outside tackle on L.O.S.
 Key - near back
 Responsibility - pitch - flow away, check counter and reverse
 *do not pursue behind L.O.S.

Duke - Alignment - Inside shoulder of outside tackle
 Key - near back
 Resp. - hit tackle one out of four times
 - attack QB one out of 3 times
 - QB and strong side counter
 - pursue behind L.O.S. depth of ball

Tackle (A) - Alignment - nose up on Inside Tackle
 Key - his block
 Resp - hold him on L.O.S. - stop FB on strong option
 - stop strong side counter
 - stop AZ on power off tackle

Mike - Alignment - over guard deep enough to clear your tackles feet
 Key - guards block and ball
 Resp - FB on option, counter long and counter weak

Nose Man - Alignment - nose on center
 Key - his block
 Resp - on "Louis" - guard center gap strongside
 *must know difference between "front out" and "reverse" pivot

Tackle (B) - Alignment - nose up on weakside guard
 Key - his block
 Resp - on "Louis" - guard center gap weak

End₂ - Alignment - Inside shoulder T.E.
 Key - near back
 Resp - F.B. and counter

Ted - Alignment - 1-1/2 yds. outside T.E. on L.O.S.
 Key - near back and T.E.
 Resp - Pass flow away. 1st back out your side
Run QB

C Weak -Alignment - 4 yds. deep - 1 yd. outside T.E.
 Key - Line, T.E., near back
 Resp. - Pass flow away - T.E.
 Run Pitch flow towards - 1st back out

S-Alignment - 6-8 yds deep over guard in line with strong HB
Key - uncovered guard QB and ball
Resp. - Pass flow strong - 1st back out
 flow weak - T.E.
Run - FB - QB - Pitch

C strong --Alignment - 1 yd outside SE 5-7 deep
Key - uncovered linemen, near back, S.E.
Resp. - Pass flow to - S.E.
 flow away - S.E.
Run Pitch

Brockport State Game Itinerary 11/11/72
Game Time 1:30 P.M.

9:00 A.M. O.F.F. Backs to be Taped

9:30 A.M. P.R.E. Game Meal

10:00 A.M. De.F. Backs to be Taped

10:20 A.M. De.F. Line Backs

10:40 A.M. Special Taping

10:30 A.M. Pick up UniForms, Parkas, Bags

10:45 A.M. Relax in the Wrestling Rm.

11:30 A.M. Board R.T.S. Charter For Brockport N.Y.

12:10 P.M. Arrive S.U.N.Y. Brockport Campus

12:20 P.M. Relax - Dress Slowly

12:45 P.M. Meeting

1:05 P.M. P.R.E. Game Warm Up

1:30 P.M. Beat Brockport !!

1:30 P.M. Return to Rochester Tech.

Be Punctual

Strict Adherence to Taping Schedule

Coat - Tie

We Will Beat Brockport

Pace College Itinerary

Saturday, November 18

11:00 am Taping Schedule

11:00 am - Off. Backs
11:20 am - Def. Backs
11:40 pm - Def. L.B.ers
12:10 pm - Special Tapings

12:10 pm Pick up your uniforms

12:40 pm Relax in Wrestling Room

12:50 pm Assemble in Weight Room

1:10 pm Pre Game Warm Up

1:30 pm B E A T P A C E

4:15 pm Post Game Snack in Weight Room with
 are high school coaches and players

Sunday, November 19

Banquet at Avery Restaurant

Sport Coat, Tie or Turtle Neck

ROCHESTER INSTITUTE OF TECHNOLOGY

STUDENT PERSONNEL SERVICES
Department of Physical Education & Athletics
One Lomb Memorial Drive
Rochester, New York 14623
(716) 464-2614

Dear Mark:

You have been recommended to me as an outstanding scholastic student-athlete possessing a desire to play college football.

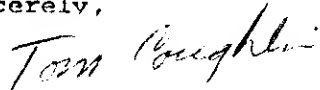
We at RIT are proud of the progress which our football program has made since its conception in 1967. However, in order to assure continued advancement, young men of your quality must "consider RIT".

Rochester Institute of Technology offers a variety of excellent academic programs. The unique work-study program which is offered in the Business, Engineering and Science Colleges provides an opportunity for students to cut down on the rising costs of a college education.

I am enclosing a football questionnaire which I would like to have you fill out and return. Upon reception of the questionnaire, further information concerning our academic and athletic programs will be forwarded to you.

I am looking forward to meeting and talking with you in the near future.

Sincerely,



Thomas R. Coughlin
Head Football Coach

TRC:jd
Enc.